the first flow path. A check valve is disposed in the second flow path of the first flow control valve. The check valve allows for the flow of fluid through the second flow path in a first direction and prevents the flow of fluid through the second flow path in a second direction.

The second flow control valve also includes first and second orifices interconnected by first and second parallel flow paths. The second flow control valve includes a flow regulator movable between a first retracted position wherein the flow regulator of the second flow control valve is removed from the first flow path of the second flow control valve and a second extended position wherein the flow regulator of the second flow control valve extends into the first flow path of the second flow control valve. A check valve is disposed in the second flow path of the second flow control valve. The check valve of the second flow control valve allows for the flow of fluid through the second flow path of the second flow control valve in the second flow control valve in the first direction. --

IN THE CLAIMS:

Cancel claims 1-21.

Please add new claims 22 - 38, as follows:

22. A dampening cylinder, comprising:

a cylindrical housing having first and second ends and an inner surface defining a cavity in the housing for receiving a fluid therein;

a piston slidably extending through the cavity in the housing;

a flange projecting from the piston and positioned within the cavity so as to divide the eavity in the housing into first and second portions, the flange terminating at a radially outer edge which forms a slidable interface with the inner surface of the housing; and

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a flow conduit having a first end communicating with the first portion of the cavity in the housing and a second end communicating with the second portion of the cavity in the housing, the flow conduit including:

a first and second flow control valves for controlling the flow of fluid between the first and second portions of the cavity in the housing.

- 23. The dampening cylinder of claim 22 wherein the first flow control valve includes first and second orifices interconnected by first and second parallel flow paths.
- 24. The dampening cylinder of claim 23 wherein the first flow control valve includes a flow regulator movable between a first retracted position wherein the flow regulator is removed from the first flow path and a second extended position wherein the flow regulator extends into the first flow path.
- 25. The dampening cylinder of claim 24 wherein the first flow control valve includes a check valve disposed in the second flow path, the check valve allowing the flow of fluid through the second flow path in a first direction and preventing the flow of fluid through the second flow path in a second direction.
- 26. The dampening cylinder of claim 25 wherein the second flow control valve includes first and second orifices interconnected by first and second parallel flow paths.
- 27. The dampening cylinder of claim 26 wherein the first and second flow control valves are connected in series.
- 28. The dampening cylinder of claim 26 wherein the second flow control valve includes a flow regulator movable between a first retracted position wherein the flow regulator of the

second flow control valve is removed from the first flow path of the second flow control valve and a second extended position wherein the flow regulator of the second flow control valve extends into the first flow path of the second flow control valve.

- 29. The dampening cylinder of claim 28 wherein the second flow control valve includes a check valve disposed in the second flow path of the second flow control valve, the check valve of the second flow control valve allowing the flow of fluid through the second flow path of the second flow control valve in the second direction and preventing the flow of fluid through the second flow path of the second flow control valve in the first direction.
 - 30. A dampening cylinder, domprising:
- a cylindrical housing having first and second ends and an inner surface defining a cavity in the housing for receiving a fluid therein;
 - a piston slidably extending through the cavity in the housing;
- a flange projecting from the piston and positioned within the cavity so as to divide the avity in the housing into first and second portions, the flange terminating at a radially outer edge which forms a slidable interface with the inner surface of the housing;
- a first conduit having a first end communicating with the first portion of the cavity in the housing and a second end;
- a second conduit having a first end communicating with the second portion of the cavity in the housing and a second end; and
- a control valve structure disposed between the first and second conduits for controlling the flow of fluid between the first and second portions of the cavity in the housing.
- 31. The dampening cylinder of claim 30 wherein the control valve structure includes first and second flow control valves connected in series between the first and second conduits.

EDMUND W. BROWN

- 32. The dampening cylinder of claim 31 wherein the first flow control valve includes first and second orifices interconnected by first and second parallel flow paths, the first orifice communicating with the first portion of the cavity through the first conduit.
- 33. The dampening cylinder of claim 32 wherein the first flow control valve includes a flow regulator movable between a first retracted position wherein the flow regulator is removed from the first flow path and a second extended position wherein the flow regulator extends into the first flow path.
- 34. The dampening cylinder of claim 33 wherein the first flow control valve includes a check valve disposed in the second flow path, the check valve allowing the flow of fluid through the second flow path in a first direction and preventing the flow of fluid through the second flow path in a second direction.
- 35. The dampening cylinder of claim 34 wherein the second flow control valve includes first and second orifices interconnected by first and second parallel flow paths.
- 36. The dampening cylinder of claim 35 wherein the second flow control valve includes a flow regulator movable between a first retracted position wherein the flow regulator of the second flow control valve is removed from the first flow path of the second flow control valve and a second extended position wherein the flow regulator of the second flow control valve extends into the first flow path of the second flow control valve.
- 37. The dampening cylinder of claim 36 wherein the second flow control valve includes a check valve disposed in the second flow path of the second flow control valve, the check valve of the second flow control valve allowing the flow of fluid through the second flow path of the second flow control valve in the second direction and preventing the flow of fluid through the

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second flow path of the second flow control valve in the first direction.

38. A dampening cylinder, comprising:

a cylindrical housing having first and second ends and an inner surface defining a cavity in the housing for receiving a fluid therein;

a piston slidably extending through the cavity in the housing;

a flange projecting from the piston and positioned within the cavity so as to divide the cavity in the housing into first and second portions, the flange terminating at a radially outer edge which forms a slidable interface with the inner surface of the housing;

a first conduit having a first end communicating with the first portion of the cavity in the housing and a second end;

a second conduit having a first end communicating with the second portion of the cavity in the housing and a second end;

a first flow control valve having first and second orifices interconnected by first and second parallel flow paths, the first orifice connected to the second end of the first conduit so as to allow the first and second flow paths through the first flow control valve to communicate with the first portion of the cavity through the first conduit, the first flow control valve including:

a flow regulator movable between a first retracted position wherein the flow regulator is removed from the first flow path through the first flow control valve and a second extended position wherein the flow regulator extends into the first flow path through the first flow control valve; and

a check valve disposed in the second flow path through the first flow control valve, the check valve allowing the flow of fluid through the second flow path through the first flow control valve in a first direction and preventing the flow of fluid through the second flow path through the first flow control valve in a second direction;

a second flow control valve having first and second orifices interconnected by first and second parallel flow paths and being connected in series with the first flow control valve, the first